

LESSON 3: READY, GO... CROSSING THE FINISH LINE — YEAR 3

INTRODUCTION

Are you ready for the challenge? How did you do when you took the challenge for Year 2? If you met or exceeded the 85th percentile standards for your age and gender, try to do the same this time. If not, here is an opportunity to improve. As in the past, Cadet Challenge consists of five exercises taken from the Presidential Physical Fitness Award program. Read the descriptions of the exercises in Lesson 1 to refresh your memory on how to perform them. Then, for each exercise, determine what standard to shoot for based on your age and gender. To qualify for the Presidential Physical Fitness Award, you must achieve a standard of 85 percent or higher. To qualify for the National Physical Fitness Award (NPFA), you must achieve a standard between 50 and 84 percent.

CONCLUSION

Use the Cadet Challenge to test your endurance and physical strength. Establish and maintain a routine exercise program to improve on the scores you achieved in Year 2. Give the challenge your all and perform to the best of your abilities so that you will continue to:

- have a stronger body
- feel good about yourself
- appreciate health and fitness
- experience the great satisfaction of a job well done.